



Wednesday November 18th 2015

Prairie Crossing Charter School Menu

Sandhill Root Vegetable Salad with Fennel Vinaigrette and Bleu Cheese

3 Grain Risotto with Millet, Red Bulgur and Wheat Berry, Pumpkin Almond Cream and Butternut Squash

Apple Crisp

Recipe:

3 Grain Risotto

1. ½ c each cooked and cooled Millet, Bulgur and Wheat Berry
2. 1c pumpkin puree
3. ¼ c ground Almond
4. 1qt heavy cream
5. ½ c h2o
6. 1c cooked diced and cooled butternut squash
7. ½ c Romano cheese grated

Combine pumpkin, almond, heavy cream and water in a pot. Bring to a boil and then simmer 10 min.

In a saute pan combine grains and butternut squash, add a little pumpkin-almond cream and cook until heated through. You should have extra pumpkin-almond cream so don't use it all. Finish with Romano and season with salt and pepper.